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Registration open for alternatives to violence workshop

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An Alternatives to Violence Project Basic Workshop will be June 13-15, 2008, at Unity of Richmond, 800 Blanton Ave. in Richmond.

The basic AVP workshop concentrates on conflict resolution skills. Exercises focus on:

- Affirmation -- Building self-esteem and trust.
- Communication -- Improving both listening skills and assertive methods of expression.
- Cooperation -- Developing cooperative attitudes that avoid competitive conflicts.
- Creative Conflict Resolution -- Getting in touch with the inner "Transforming Power" to resolve violence.

By role-playing, participants learn new and creative ways to respond to conflict situations. AVP workshops seek to assist individuals in personal growth and change.

Hours for the workshop will be 6-9 p.m. June 13, 9:30 a.m.-6 p.m. June 14 and 2-6 p.m. June 15.

Cost is \$10, including snacks and drinks. Bring a brown bag (sack) lunch for yourself June 14.

To register or for more information, contact the Richmond Peace Education Center at (804) 232-1002 or rpec@rpec.org. Registration is required. Prepayment of the fee is also required (mail to: RPEC / 400 W. 32nd St. / Richmond, VA 23225).

AVP helps people change their lives. It is an intensive learning experience, offering workshops on three levels: Basic, Advanced and Training for Trainers. After completing the Training for Trainers, participants may be certified to be workshop facilitators.

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